

# IINIMA YA SIMANA MOVETA YOKUKEELELA OMAHEPEKATHANO GOMOMAGUMBO



Gender Research & Advocacy Project  
LEGAL ASSISTANCE CENTRE  
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## Ekwato onkonga oshike?

Ekwato onkonga ohali holoka uuna omuntu "tayi momilalo" pwalongithwa "onkalo yethiminiko."

Kutya nee aalumentu nenge aakiintu ayehe ota ya vulu okukwatwa onkonga

Oku ya momilalo otashi fatululwa kutya osha kwatwemo:

- etulomo lyuulumentu muukiintu, mokana, nenge pokati komatako gomuntu mukwawo
- etulomo oshilyo kehe sholutu lwomuntu nenge shoshinamwenyo muukiintu nenge pokati komatako
- etulomo lyoshinima kehe muukiintu nenge pokati komatako
- elatho nelaka iilyo yopaumwene yomulumentu nenge omukiintu
- kehe omukalo go ku pendula iilyo yopaumwene.



"Onkalo yethiminiko" otayi fatululwa kutya omuntu okwa kondjithwa nenge a thiminikwa ko:

- elongitho lyoonkondo nenge omambandameko
- embandameko lyoku etitha omayehameko galwe
- ita vulu okuzamo monkalo moka eli
- ita vulu okuuvako nenge okukeelela onkalo ndjoka eli muyo molwashoka okwa kolwa/eli koho yiingamithi/a kotha/ena uulema
- omuntu ota idhimbike a fa omuntu gulwe nenge ta idhimbike a fa sho ta ningi kashi shi omulalo
- eholoko po lyaantu yevule pugumwe olya longithwa okumbandameka omuntu opo aye momulalo
- omuntu gumwe oku li koho yoomvula 14 omanga gumwe omukuluntu kuye noomvula 3.

## Omiti dhokukeelela omuntu kukwatwe kombuto yoHIV (PEP)

Otashi vulika u pumbwe okukonaakonwa ombuto yo HIV notashi vulika u pewe omiti dhokukeelela ku kwatwe kombuto yo HIV (PEP). Omiti dhika otadhi kwathele opo ombuto yoHIV kayi ku kwate. Omiti dhika (PEP) ohadhi gandjwa oshali ngele it vulu okufuta.

## Ekwato onkonga moondjokana

Ondjokana itayi kwata moshipala ekwato onkonga. Ngele omusamane okwa thiminike omukulukadhi gwe nenge omukulukadhi a thiminike omusamane gwe, nena otashi talika ko ekwato onkonga. Ekwato onkonga, ekwato owala onkonga ngele omuntu okwa ti ina hala nenge a thiminikwa okuya momulalo.



Ekwato onkonga ekwato owala onkonga...nando omo ndjokana!

## Shoka wu na okuninga ngele owa kwatwa onkonga

**Kaleka uumbangi:**

- Ino iyoga.
- Ino lundulula omuzalo gwoye.
- Ino opaleka ehala mpoka wa kwatwemo onkonga.
- Uumbangi kehe wu tula mombapila. Ino wu tula moshinayilona (mefwagalala).

## Inda kopolisi nenge kOshikondo shEgameni lyOomeme nUnona

Ouna okulopota ekwato onkonga kopolisi opo nakukukwata onkonga a kwatwemo. Omauyeleele goye otaga kalekwa paumwene. Epangulo wo nalyo otali kalekwa paumwene, ano itali kala montaneho yaayehe.

## Inda kundohotola, koshipangelo, nenge kokapangelona

Mona ndohotola nenge omupangi meendelelo ngaashi tashi vulika. Ndohotola ota vulu oku ku pa omiti okukeelela ku kwatwe kombuto yoHIV nokomikithi dhilwe ndhoka hadhi taandele okuza momilalo, osho wo omiti dhokukeelela okuninga epunda lya za mekwatonkonga.



## Ngele owa ningi epunda okuza mekwato onkonga

Ngele owa ningi epunda okuza pokukwatwa onkonga oto vulu okukuthamo epunda shi li paveta. Ninga omakonakono ku talikwe ngele owu na epunda ngele omathimbo goye oga kalako, ngoye to lombwele omundohotola goye uuna wa hala okukuthamo epunda.

## Komauyelele gagwedhwapo lesha Omapukululo Genasha Noveta Yoku Ngambeka Ekwato Onkonga.



Pakwatho lyopashimaliwa lya za ko Embassy yoRepublic yaFrance

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